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## COACH DEVELOPMENT PROGRAMME

### Youth exchange with Erasmus+

Name \_\_\_\_\_ is one of the selected youths from who has received a formal invitation to participate in the Erasmus+ funded Youth Exchange Coach Development programme (CDP). The invitation has also been extended to members from The Basketball club CB L'Horta Godella, Valencia, Spain and The Norwegian Basket ball team Nesodden Sports Club - Basket.

Erasmus+ Youth Exchange programmes are an EU cooperation project between all EU countries, aiming to give young people from all member countries opportunities to participate in Youth Exchanges within the EU.

The programme is an educational process giving young people increased self-awareness, more confidence and the ability to reflect on what they have learned and what they want to learn next. European youth work is an existential necessity if Europe is to effectively address its concerns regarding social inclusion, cohesion and equal opportunities. This includes Europes commitment to democracy and human rights as fundamental values.

The CDP will include two exchange visits, one in Valencia, Spain date okt/nov 2022, and one in Nesodden, Norway in 2023, the final date is not set yet. The visits will run over four-five days, and the participants need to get free two-three days from school for each visit to be able to participate in the programme.

The CDP exchange programme aims to allow for the participants to:

- Explore and getting to know their own identity – increase confidence and autonomy
- Learn to make conscious and independent choices based on their own, personal wishes
- Develop skills in communication, team work, coaching and leadership
- Learning and experiencing first hand the importance of trust, respect, tolerance, communication and conflict management across national borders, genders, religions and political affiliations





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- Youth work has a positive influence on academic achievements by fostering non-cognitive skills such as persistence, motivation, interpersonal skills and self-efficacy

On completion of the programme, the participants are awarded the European Union certificate “Erasmus+ Youth Pass”. The Youth Pass is the documentation of the competences the participants develop through the programme, the educational experience of non-formal and informal learning. The Youth Pass can be helpful when it comes to presenting their acquired competences to others. It is a valuable addition to any application for further education within the EU, and other universities abroad. Several previous participants experienced that participating in Erasmus + Youth Exchanges and having a Youth Pass has opened doors, and been valuable in academic application processes.

To be able to participate, each student must apply for time off from school. For further information, please feel free to contact us.

Best Regards,

Caroline Piercey Åkesson and Eivind Klubbenes

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